



INSTRUCTIONS FOR SOTA BIO TUNER MODEL BT7

CONTENTS

INTRODUCTION	1
COMPLETE UNIT INCLUDES.....	1
OPERATIONAL CAUTIONS	2
GETTING STARTED	2
HOW TO USE THE BIO TUNER.....	2
How it Should Feel	3
Typical Use.....	4
CAUTIONS	4
SUMMARY OF LIGHTS	4
OUTPUT OF SIX MODES.....	5
ELECTRICAL SPECIFICATIONS	5
Power Requirements	5
Output Specifications	5
Rechargeable Batteries	5
TROUBLE SHOOTING.....	6
WARRANTY.....	6
REPAIRS.....	6

INTRODUCTION

Thank you for allowing us to be a part of your wellness team. The Bio Tuner is a consumer product designed to complement a healthy lifestyle.

This unit outputs a broad range of harmonic frequencies in each pulse.

Please understand that results will vary. Healthy lifestyle choices are important.

Please read this manual carefully. We encourage you to become better informed about the use of frequencies.

To learn more about the Bio Tuner we invite you to visit www.sotainstruments.com

The SOTA Bio Tuner is built to give you many years of trouble-free use.

COMPLETE UNIT INCLUDES

- One (1) Bio Tuner Unit
- One (1) Pair of Ear Clips
- One (1) Cord
- One (1) Arm Band and Clip
- One (1) 9-Volt Alkaline Battery

To replace accessories, please contact your supplier.

The SOTA units are consumer products for general health and well-being • The use, safety or effectiveness of the SOTA units, has not been approved by any government agency • Results using the SOTA Products will vary for each person.

OPERATIONAL CAUTIONS

As with all electrical products do not use:

- a. Near water
- b. When driving a car or
- c. When operating heavy equipment

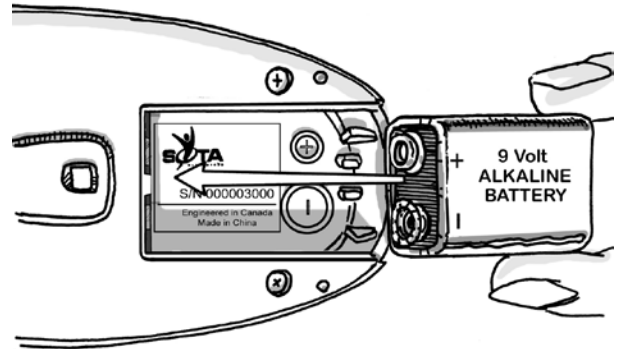
GETTING STARTED

1. Place the 9-Volt Alkaline battery in the unit.

- a. On the back of the unit, slide off the battery cover.
- b. Position the 9-Volt Alkaline battery so the positive (+) and negative (-) terminals line up as in the diagram.

Note: the smaller circle on the battery matches the smaller circle in the case. ... the larger battery circle matches the larger circle in the case.

- c. Slide the 9-Volt Alkaline battery into the case and push down. Slide the cover back onto the unit.



2. Turn the unit ON by rotating the ON/OFF switch clockwise.

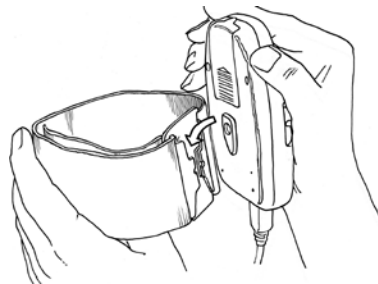
3. All the lights will flash once to indicate the unit is ready for use. If the lights do not come on, the battery may not be placed correctly.

4. When the unit is turned on it starts in Mode 1.

5. The GREEN light for Mode 1 will remain on indicating the timing sequence has started.

6. Turn the unit OFF by rotating the ON/OFF Switch counter clockwise until it clicks. Important: Do not force the ON/OFF Switch past its natural stopping point.

HOW TO USE THE BIO TUNER



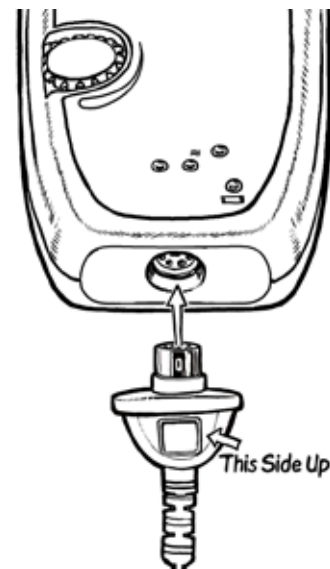
1. Clean the ear lobes to eliminate skin oils. This will allow for better conductivity.

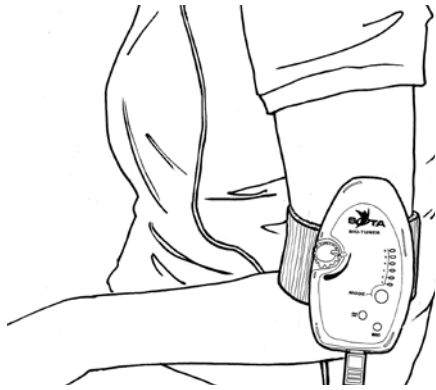
2. Slide the clip on the back of the Bio Tuner into the holding clip on the Arm Band.

3. Insert the Ear Clip cord into the jack on the unit. The

indented square on the din plug should be facing up.

When the plug is positioned correctly, it will slide in





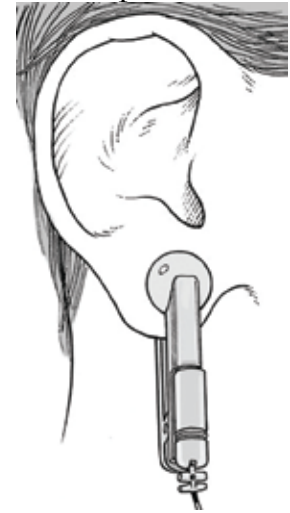
gently. Do not force.

4. Slide the Arm Band, with the unit and cord, up the arm to a comfortable position. Tighten the band to secure in place. See diagram to the right.

Option: If preferred, the unit can be placed in a pocket.

5. Wet the conductive rubber on the Ear Clips with water.

6. Position one clip on each ear lobe.

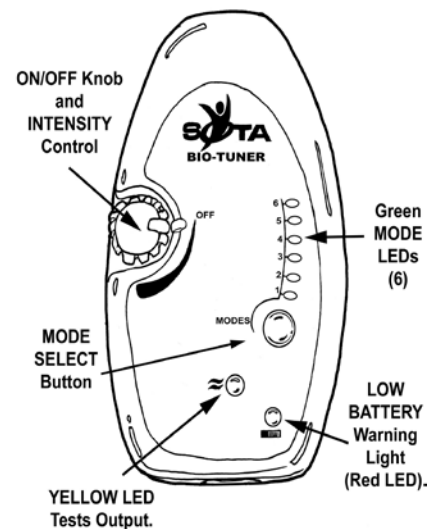


Place closer to the jaw side of the ear lobe.

7. Turn the unit ON by turning the ON/OFF switch clockwise. Gradually turn up the intensity. The current may or may not be felt. If felt, the intensity should be comfortable. See 'How It Should Feel' in the section below.
8. Change modes by pushing the Mode button. The GREEN light indicates which Mode is selected. See Mode information on page 5.
9. The timer will automatically cycle the unit into Sleep Mode after a timed session. While in Sleep Mode, the GREEN mode light will flash every 2 seconds.
10. While in Sleep Mode the battery is still being used. Either reset to continue or turn the unit OFF.
11. Before resetting for a second timed cycle, wet the Ear Clips again.

To reset:

- a. Push the Mode button once for another timed session using the same Mode, or
- b. Choose another Mode by pushing the Mode button.



Notes:

Ear Clips: The Ear Clips may feel more comfortable with the use of a conductive gel rather than water.

Output: The YELLOW light can be used to check the output of the unit if the current cannot be felt. The light should come on when the unit is on and the Ear Clips positioned correctly. The unit may need to be turned up to a higher intensity for the light to come on. It is not necessary, however, to operate the unit at a high intensity.

Low Battery Warning: The RED light comes on when the battery is low. This means the battery will soon need to be replaced.

How It Should Feel

1. The sensation may be a pleasant buzzing or the current may not be felt at all. It is not necessary to turn the control up to an uncomfortable level. If it feels prickly or

unpleasant, check the following:

- a. Wet the conductive rubber of the Ear Clips again.
 - b. Apply conductive gel to the conductive rubber of the Ear Clips.
 - c. Place a small piece of damp paper towel between the ear and the conductive rubber of the Ear Clips.
2. With repeated use, the buzzing sensation may not be felt as much. The intensity may be turned up if desired.
 3. You may feel a sensation on one side more than the other.

Typical Use

Length of session: The Bio Tuner is timed for 20-minutes (+/- 1 minute depending on the number of Modes chosen during a session). Research indicates that if used longer than 40 minutes at a time, the benefits are reduced. The unit can be used for more than one 40-minute session spaced throughout the day.

With extended use, it is recommended to vary the Mode from time to time.

Changing Modes: When the Mode is changed during a timed session, the timing continues without interruption to complete a session of approximately 20 minutes.

Length of use: The unit should be used daily for at least 4 weeks.

Drink plenty of water: It's important to drink enough water when using the unit. Drinking ozonated water is especially helpful.

Sensitive skin: During the first weeks of use, the skin may become irritated. Over time, irritation usually decreases or disappears. Apply a healing lotion after use if the ear lobes become red or irritated.

Maintenance schedule: As needed.

CAUTIONS

In rare instances, some individuals may experience a headache when using the unit.

Do not use in the following situations as safety has not been explored:

- In the case of pregnancy, nursing or trying to get pregnant.
- With a pacemaker or other active implanted device.
- With seizures or psychotic conditions.

If you are on psychiatric medication, please consult your health care provider prior to using the Bio Tuner.

SUMMARY OF LIGHTS

GREEN: Indicates which Mode is selected.

RED: Indicates the battery is low and will soon need replacing.

YELLOW: Indicates the Bio Tuner is in operation and the current is flowing through the Ear Clips.

OUTPUT OF SIX MODES

The Bio Tuner offers a choice of 6 settings. When turned on, it operates in Mode 1. Press the Mode button to choose other Modes.

Mode Selection

The unit provides 6 different Modes with which to experiment and discover what feels or works best. Try different Modes to determine what feels most comfortable. One Mode is not considered more beneficial than another. With extended use, it is recommended to vary the Mode from time to time. In all Modes, the base frequency of 1,000 Hz pulse-modulated by 111.11 Hz is present. Modes 4, 5, and 6 may have a more gentle feel.

Bio Tuner Modes
MODE 1-3 (550uS pulse width)
Mode 1: 1,000 Hz modulated by 111.11 Hz, Output = Continuous
Mode 2: 1,000 Hz modulated by 111.11 Hz, Output = 1 Second ON, 1 Second OFF (0.5 Hz)
Mode 3: 1,000 Hz modulated by 111.11 Hz, Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave
MODE 4-6 (220uS pulse width)
Mode 4: 1,000 Hz modulated by 111.11 Hz, Output = Continuous
Mode 5: 1,000 Hz modulated by 111.11 Hz, Output = 1 Second ON, 1 Second OFF (0.5 Hz)
Mode 6: 1,000 Hz modulated by 111.11 Hz, Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave

ELECTRICAL SPECIFICATIONS

Power Requirements

When the battery needs replacing, use only a 9-Volt Alkaline battery for proper operation.

Output Specifications

- 1,000 Hz Squarewave (+/- 1 Hz) pulse-modulated by 111.11 Hz (+/- 1 Hz) Squarewave. Waveforms are Quartz Crystal-Controlled for precise frequency output. There are also a broad range of harmonic frequencies delivered in each pulse as observed on a frequency domain (not time domain) spectrum analyzer.
- Pulses are Bi-Phasic (AC) with no direct current (DC) or offset bias. Output is

transformer coupled so that no DC can appear at electrodes. The algebraic sum of positive and negative-going pulses is zero.

The BT7 is designed and engineered in Canada and made in China.

Rechargeable Batteries

We suggest you purchase a battery charger with NiMH rechargeable batteries. When doing so, please take the Bio Tuner with you as some rechargeable batteries are too large for the enclosure. This way you will be sure to purchase batteries that fit.

TROUBLE SHOOTING

Test to determine if Ear Clip cord needs replacing:

If the YELLOW light does not come on when the black rubber electrodes are touched together and intensity is turned up full, check as follows:

1. Ensure the conductive rubber electrodes are clean:
 - a. Remove each Ear Clip from the cord.
 - b. Pull the rubber electrodes out of the Ear Clip and clean with a soft cloth and toothpick or similar object.
 - c. Place back into Ear Clip.
 - d. Ensure the pin on the cord is fully inserted into the Ear Clip.
2. Plug the Ear Clip cord into the unit.
3. Turn the unit ON to maximum intensity and touch the electrodes together. The YELLOW light should come on.

If the YELLOW light still does not come on, the Ear Clip cord may need replacing.

WARRANTY

The Bio Tuner, model BT7 is covered by a 3 (three) limited warranty. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence. SOTA reserves the right to make changes to the Bio Tuner without notification.

REPAIRS

Please contact your supplier for return instructions. Or, for information about your closest repair depot, contact:

repairs@sotainstruments.com

Tel: 1.250.770.2023 Fax: 1.250.770.1999



RoHS
Compliant